

# ABSTRACT OF THE DISCLOSURE

A health management system includes a health management device having an input part for inputting basic data, a control part for analyzing the basic data and assessing desired body data on the basis of the basic data, a  
5 memory part for storing the basic data, and software and data required for the process to be performed by the control part, an output part for outputting a result of the process performed by the control part, a data conversion device, a data transmitting and receiving device, a network for transmitting data output from the health management device and a database server for storing,  
10 analyzing and assessing the data transmitted via the network from the health management device. Further, the database server transmits a prescription of a professional doctor who inspects the data analysis and assessment to the health management device via the network. If a user inputs his body data and food intake or activity contents in the health management device, the health  
15 management device analyzes and assesses the input items and provides prescriptions for the current body data, desired body data and health management data directly to the user or via the database server together with the prescription of the doctor, thereby achieving effective weight control and health management.

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